

Resource Referral List for First-Gen Students (or anyone)

This list highlights support resources that may be of particular interest to first-gen students. It's not an exhaustive list. Compiled by Katie Densberger, October 2019.



See advising.virginia.edu for hundreds of programs and resources organized by student group, school, and type of need.

SUPPORT FOR FINDING OPPORTUNITIES

OFFICE OF UNDERGRADUATE RESEARCH

- Brian Cullaty, Director, brc7q@virginia.edu
- They have a series of workshops and info sessions, schedule posted online.
- Emphasis: There are many and research-related funding opportunities and positions available, from arts to STEM to humanities. Students just need to ask to get started.

OFFICE OF CITIZEN SCHOLAR DEVELOPMENT (the fellowships office)

- Andrus Ashoo, Director, aga3j@virginia.edu
- They have information sessions most Mondays during the semester from 4-5pm in the Rotunda Multipurpose Room, specific topics posted online.
- Emphasis: There are hundreds of fellowships, students need to be aware in advance of deadlines and the work required for some of the application processes

TWO SOURCES OF HELP FOR FINDING INTERNSHIPS

The University Career Center can always help students to explore options for internships, but below are two more specific and structured programs.

- Internship Placement Program (part of the Career Center)
 - Rebecca Coulter, Director, rrh2d@virginia.edu
 - Dozens of placements available locally
 - A true placement program, seeks a good match between candidate and position
 - Includes professional development opportunities/requirements
- Global Internships Office (collaboration of Career Center and Provost's Office)
 - Ingrid Hakala, Director, ihm6t@virginia.edu (note: she lives abroad, contact by email)
 - Direct to Minor Hall or drop-in hours in Georges Student Center (Clemons 2nd floor)
 - Works to place students in internships in ~15 countries
 - Some funding assistance available

LEADERSHIP PROGRAMS

- Merriweather Lewis Institute
 - For rising third years, applications in October
 - Includes a project-based intensive summer experience and interaction with University leadership. Requires credit-bearing Design Thinking course in spring.
 - Information at lewis.virginia.edu
- Blueprint Leadership Program
 - For first and second-year students and transfer students who demonstrate leadership potential and aspire to develop their personal and organizational leadership skills.
 - Application required, available on the @uva website (program of ODOS)
- A number of other programs are offered by these units:
 - Maxine Platzer Women's Center
 - Office of African American Affairs
 - Multicultural Student Services

SUPPORT FOR STUDENTS FACING CHALLENGES

This list does not include well-known resources such as Counseling and Psychological Services or the Student Disability Access Center. In addition to CAPS, SDAC, and those listed below, students seeking community and to get involved may benefit from connecting with programs and staff at the Office of African American Affairs, Multicultural Student Center, or LGBTQ Center. Each of these units has a number of affiliated (whether formally or informally) student organizations, as well as professional staff.

ACADEMIC CHALLENGES AND ADJUSTMENT

- College Life Skills Coach- Christy Rotman, ctr9cv@virginia.edu
- Areas: time management, study strategies, generally feeling overwhelmed academically, emphasis on working with transfer students in the College
- Office in Monroe Hall and drop-in hours in Georges Student Center (Clemons 2nd floor)

OFFICE OF THE DEAN OF STUDENTS

- Assistance with non-academic personal challenges. Helps to connect students with resources and can coordinate between students and faculty as needed.
- Second floor of Peabody or call
- The team that works with first-gen and low-income students are: Tab Enoch, Shaka Sydnor, and Dave Sauerwein.

COUNSELING AT THE WOMEN'S CENTER

- They offer confidential, general counseling services, and have an emphasis in supporting survivors of sexual assault as well as their partners and families.
- Maxine Platzer Women's Center is located across the street from CVS at 1400 University Ave.

TRANSFER STUDENTS SEEKING COMMUNITY

- All transfer students can connect with a Transfer Student Peer Advisor. Information is available on the Office of New Student Program's website, or contact Sarah Dodge.
- Those seeking leadership opportunities may be interested in the Transfer Advisory Board, coordinated by the same office.